

HEALTH PROMOTION & PREVENTION INITIATIVES

NEWSLETTER

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Initiative Spotlight



Hearing Protection Initiative

The Issue

Hearing loss caused by noise is permanent. This loss cannot be medically corrected and is the most common injury in the Army. Mission completion depends on good hearing. Prevention of hearing loss is key to maintaining this valuable force asset.

The Proposed Innovative Approach

Rangers assigned to urban terrain military operations were given an audiometric exam to establish a baseline hearing measurement. The Rangers were then fitted with new earplugs that protect hearing while enabling speech sounds to be heard. The goal was to reduce hearing loss to less than 10% of study participants.

Impact

World events prevented post-deployment evaluation of earplug effectiveness. However, program Command briefings increased visibility of the importance of hearing protection. As a result, more installation hearing test stations were put in place and more Soldiers will now be able to be tested.

Lesson Learned

Watch for unexpected positive outcomes from your program. Keep an open mind to multiple solutions that may exist for a given problem.

Ideas from the Field



All Roads Lead to Readiness

Make sure you can always communicate to leadership the ways your program enhances force readiness. Here are some good examples of connecting a program to readiness:

- Milk Marketing Campaign: increased calcium consumption reduces incidence of stress fractures, which make Soldiers non-deployable.
- Asthma education for children: better asthma control leads to fewer emergency situations and less stress on deployed Soldiers.
- Diabetic limb preservation program: provides care for complicated foot wounds sustained during deployment; also enables deployed Soldiers to have peace of mind regarding family members who require this care.

Resources

Workers' Compensation

USACHPPM Occupational Medicine Program:

<http://chppm-www.apgea.army.mil/doem/OMP.aspx>

Department of Labor: look at the ECAB decisions for details on actual cases that have been appealed

<http://www.dol.gov/esa/regs/compliance/owcp/fecacont.htm>

Program Pointers

You Are the Subject Matter Expert

Any time you present health information, whether to senior leadership or new recruits, you must know the most up-to-date, evidence-based information and standards. Like it or not, your audience expects you to be the expert.

Many people rely only on the Internet and word-of-mouth for their health information. Since these sources may not contain accurate, science-based information, yours may be the only reliable voice that is heard. This is especially true for topics that generate a lot of misinformation and disinformation, such as weight control, dietary supplements, and tobacco use.

Of course, you may not have all the answers and shouldn't pretend that you do. But you must stay on top of the 'hot topics.' Keep your ears open to what is in the news and to what topics and questions come up repeatedly from Soldiers and others at your installation. Do your homework on the topics of concern for your population.

Evidence-based standards are also essential when selling a program to Command. Many Commanders won't give much consideration to a program unless you know the science behind it.

Some good sources of the latest evidence-based standards and scientific information about health promotion topics include:

the USACHPPM Directorate of Health Promotion and Wellness (410-436-7405, DSN 584)

<http://chppm-www.apgea.army.mil/dhpw/>

Army Clinical Practice Guidelines:

<http://www.qmo.amedd.army.mil/pguide.htm>

National Guideline Clearinghouse: <http://www.ngc.gov>

For more information about HPPI, or to see past issues of the HPPI newsletter, visit <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

To subscribe to this newsletter or send comments/suggestions send email to: Marcella.Birk@apg.amedd.army.mil or call DHPW at (410) 436-4656, DSN 584-4656.

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Don't Reinvent the Wheel!

Dental Readiness

Dental Readiness is essential for mission accomplishment.

Oral diseases have a disruptive effect on mobilization and sustainment operations. USACHPPM

has developed a series of oral fitness fact sheets that

can be accessed at: [http://chppm-](http://chppm-www.apgea.army.mil/dhpw/oralfitness/OralFitnessResourcesFactSheets.aspx)

[www.apgea.army.mil/dhpw/oralfitness/OralFitnessResourcesFactSheets.aspx](http://chppm-www.apgea.army.mil/dhpw/oralfitness/OralFitnessResourcesFactSheets.aspx)



Fact sheets include:

Choose Your Weapon: Floss

Field Oral Hygiene

Xylitol Fights Decay

Tobacco and Oral Health

Dental Treatment Anxiety

Oral Piercing

HPPI News & FAQs

The HPPI FY05 Request for Proposals was released in December 2004. Visit the HPPI web page (<http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>) for all the information you need to submit a HPPI FY05 application. The suspense to submit a HPPI FY05 application is **31 January 2005**.

HPPI FAQ: Baseline data - who needs it?

Every health promotion program implementer needs baseline data.

Baseline data:

- Pinpoints health needs in the community
- Provides the starting point for showing the difference your program has made
- Helps get Command buy-in and resources for your program

You can get baseline data directly from your program participants by using a survey at the beginning of a program. You can also get a general baseline from more global resources such as the DoD Survey of Health Related Behaviors or Healthy People 2010.